



SACRED HEART BEAT

JANUARY 2023

NEWSLETTER OF SACRED HEART PARISH

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Participation in the Liturgy of the Eucharist

In a past article of the Heartbeat I encouraged my fellow parishioners to more outwardly participate in the first part of the Mass, the Liturgy of the Word. This is where we ask God to make us worthy of his coming to us and we encounter God's word spoken personally to each of us. Vatican II teaches, in Scripture, "The Father who is in heaven comes lovingly to meet his children, and talks with them."

Now I want to encourage each of you in how to best prepare to be fed by Jesus' Body and Blood in the second section of the Mass, which is called the Liturgy of the Eucharist. The body and blood Jesus spoke of at the Last Supper is his body and blood that was sacrificed on Calvary, and this is what is made present to us in the Mass. Jesus continues to be Emmanuel--God with us--in each and every Mass. We have the opportunity to receive Him in Holy Communion, which is **the most awesome union we can have with God this side of eternity.**

First, we offer our gifts. You should offer yourself to God, the *presentation of the gifts* symbolizes this. The rite symbolizes our giving of our entire lives and all that we have to God in the offering of bread and wine. All our little sacrifices can be made holy by Christ. He can take what is temporal and make it eternal, take what is human and make it divine. Our lives are about to be joined sacramentally to Jesus' sacrifice. The priest pours water and wine into the chalice, "By the mystery of this water and wine, **may we come to share in the divinity of Christ**, who humbled Himself to share in our humanity." Think about what these words mean!! Now the priest washes his hands, to prepare himself to stand in a most holy place, before God. The priest at this point acting "in the person of Christ" asks us "Pray brethren that my sacrifice and yours may be acceptable to God, the almighty Father". The "**my**" sacrifice here refers to that of Christ's on Calvary and the "**yours**", refers to the entire Church. We are joined sacramentally to Christ.

Now we are ready for the Eucharistic Prayer, considered "the center and summit of the entire celebration" of the liturgy. The Eucharistic Prayer consists of several parts: a **Preface** prayer of praise and thanksgiving, the **Sanctus** "Holy, holy, holy", the **Epiclesis** the calling down of the Holy Spirit, the **institution narrative and consecration** of the bread and wine, the **Mystery of Faith** acclamation, the **Anamnesis** prayers of memorial, **Offering & Intercession**, and **Doxology** a prayer glorifying God.

At the start of the Preface, the priest lifts up the gifts, he invites us "**Lift up your hearts**". Set your heart on heaven. **We are taken up in the spirit—to heaven** (see Rev 1:10; 4:1-2). The Mass is much more than a human event, taking place in our Church here in Larned, KS. It is a heavenly liturgy where we should be joining the angels and saints in singing "**Holy, Holy, Holy**" (Rev 4:8; Is 6:3), even if you do not have the best singing voice, you need to be a part of this!

Next the priest calls upon God to send down the Holy Spirit, the *Epiclesis* prayer, this is done to achieve a twofold conversion:

changing bread and wine into the Body and Blood of Christ and conforming us into the image and likeness of Christ. **"Grant that we, who are nourished by the Body and Blood of your Son and filled with his Holy Spirit, may become one body, one spirit in Christ"** (Eucharistic Prayer III).

Now the priest recites the words of Christ at the Last Supper, the *Institution Narrative*, the moment when the Spirit and the Word transform the elements of bread and wine into the body and blood, soul and divinity of Jesus Christ. As a young girl, I was taught by Ursuline Sisters to bow my head and respond "**My Lord and My God**" at the elevation of the Body of Christ, striking my breast three times with the bells and at the elevation of the Blood of Christ to respond "**May the Blood of Christ have mercy on me**", striking my breast three times with the bells. Just my way of participating, not Church defined!

After the consecration the priest genuflects in silent adoration, then rises and solemnly says, "*The Mystery of Faith*". We proclaim that Jesus died for our sins, rose from the dead, and will return in glory. There are three different acclamations we can respond with here, "We proclaim your Death, Oh Lord" or "When we eat this Bread and drink this Cup" (1 Cor 11:26) or "Save us, Savior of the world" (Jn 4:42).

There are two prayers that follow the *Mystery of Faith*, the *Anamnesis* and the *Offering*. The *Anamnesis* refers to a prayer which identifies what is happening in the Mass. Let's look at (Eucharistic Prayer I). We pray "Therefore, Oh Lord, as we celebrate the memorial of the blessed Passion, the Resurrection from the dead, of Christ, Your Son, our Lord." Jesus said, "Do this in memory of me", that is what is happening in the Mass. Then the Eucharistic prayer continues "we, your servants and your holy people, offer to your glorious majesty from the gifts you have given us, this pure victim, this holy victim" this second part of the prayer is the *Offering*. Take the time to look at each of the Eucharistic Prayers in the Missal and see if you can recognize both parts.

Bringing the Eucharistic Prayer to a conclusion, we have the *Doxology*, an expression of praise which was used as early as the second century. "Through him, and with him, and in him", these words have roots in Scripture (Rom 11:36). After this prayer we respond like the angels, eager to join in this praise of God. We all should respond with the song known as the "Great Amen".

The next part of the Mass includes the *Lord's Prayer*, the *Rite of Peace*, the *Lamb of God*, all meant to lead you to the sacred point of Holy Communion and helps to ensure you are properly disposed to receive the body and blood of Christ. All have Scriptural basis. During the Lord's Prayer I hold my hands forward and open and upward toward the altar. It is an ancient prayer posture. The Rite of Peace can be participated in by simply nodding and smiling at fellow parishioners. I strike my breast the three times while repeating "Lamb of God, you take away the sins of the world, have mercy on us".

Our Communion Prayer is "Behold the Lamb of God" to which we all need to respond "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed". When the priest or communicant gives communion to you, they say "the Body of Christ" to which you should openly respond "Amen" which means, you believe in the Body of Christ. We should try to become like Mary every time we receive communion. Allowing our heart to beat in unison with Jesus, as Mary's heart beat perfectly with His.

References: "A Biblical Walk Through the Mass" Edward Sri; "The Lamb's Supper, The Mass as Heaven on Earth" Scott Hahn; "Scripture & the Mystery of the Mass" Scott Hahn & Regis J. Flaherty.

Adult Religious Formation Team Commission: Cathy Grover

FINANCE/PROPERTY COMMISSION

- ❖ Did not meet in December
- ❖ Members: Dennis Wilson, Jim Damm, Tom Giessel, Jenny Ramsey, Kathy Couchman, Jacques Molleker, Fr. Bernard.
- ❖ Next meeting: January 11, 2023 @ 12:00 Noon

PASTORAL COUNCIL

- ❖ Did not meet in December
- ❖ Members: Stephen Schartz, Amy Froetschner, Tama Hanson, Judy Solko, Lee Gilcris, Larry Skelton, Doug McNett, Fr. Bernard.
- ❖ Next meeting: January 19, 2023 @ 5:45 PM

JANUARY AT A GLANCE

- Jan. 2 ~ No Adult Faith Formation
- Jan. 3 ~ Choir Practice, 6:30 PM
- Jan. 3 ~ Knights of Columbus Meeting, 7:00 PM
- Jan. 4 ~ Adoration, 9:00 AM to 2:00 PM
- Jan. 4 ~ RCIA, 6:30 PM
- Jan. 5 ~ Adult Religious Formation Meeting, 6:00 PM
- Jan. 7 ~ "The Chosen" with Pot-Luck, 6:00 PM
- Jan. 9 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 10 ~ Game Morning, 9:30 to 11:30 AM
- Jan. 10 ~ Choir Practice, 6:30 PM
- Jan. 11 ~ Adoration, 9:00 AM to 2:00 PM
- Jan. 11 ~ Finance/Property Meeting, 12:00 Noon
- Jan. 11 ~ RCIA, 6:30 PM
- Jan. 12 ~ Benedictine Oblates Gathering, 11:00 AM
- Jan. 14 ~ "The Chosen" with Pot-Luck, 6:00 PM
- Jan. 15 ~ Kapaun's Men Group, 8:45 AM
- Jan. 15 ~ Women's Study Group, 8:45 AM
- Jan. 16 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 16 ~ Heart to Heart Meeting, 6:30 PM
- Jan. 17 ~ Lunch with Friends, 12:00 Noon
- Jan. 17 ~ Choir Practice, 6:30 PM
- Jan. 18 ~ Adoration, 9:00 AM to 2:00 PM
- Jan. 18 ~ Endowment Board Meeting, 5:00 PM
- Jan. 18 ~ RCIA, 6:30 PM
- Jan. 19 ~ Pastoral Council Meeting, 5:45 PM
- Jan. 23 ~ Adult Religious Formation Meeting, 6:00 PM
- Jan. 24 ~ Choir Practice, 6:30 PM
- Jan. 25 ~ Adoration, 9:00 AM to 2:00 PM
- Jan. 25 ~ RCIA, 6:30 PM
- Jan. 30 ~ Adult Faith Formation Group, 6:00 PM
- Jan. 31 ~ Choir Practice, 6:30 PM

JANUARY PSR SCHEDULE

- Jan. 4 – No Class – Christmas Break
- Jan. 11 – Regular Classes
- Jan. 15 – Confirmation Retreat, Great Bend, 1-6 PM
- Jan. 18 – Regular Classes
- Jan. 25 – Regular Classes

THANK YOU

Once again the parishioners of Sacred Heart displayed a remarkable outpouring of faith and stewardship with an abundance of food provided for the Pawnee County food Pantry through the Reverse Advent Calendar project. Heart to Heart Ministry is grateful for each box or can of food donated, and we thank you for your generosity. God Bless you in the New Year!



Knights of Columbus

53rd Annual Sausage Supper

Thursday – February 2, 2023

5:00 to 7:30 PM

\$10.00 per meal

Dine In or Carry Out

K of C Hall on Scenic Drive ~ 1216 M Road



PRO-LIFE BABY SHOWER

Throughout the month of January the Knights of Columbus will be conducting their *Pro-Life Baby Shower* with the proceeds given to Catholic Social Services. A crib is in the entrance of church where you may leave your items (maternity & baby clothing, diapers, blankets, bottles, formula, etc.) or you may bring them to the Parish Center during the week. Monetary donations may be placed in the weekend collection; mark the envelope "Pro-Life Baby Shower". Thanks for your support!

God of all time,
help us enter the New Year quietly,
thoughtful of who we are to ourselves and
to others, mindful that our steps make an impact
and our words carry power.
May we walk gently.
May we speak only after we have listened well.
Creator of all life,
help us enter the New Year reverently,
aware that you have endowed
every creature and plant, every person and
habitat with beauty and purpose.
May we regard the world with tenderness.
May we honor rather than destroy.
Help us enter the New Year joyfully,
willing to laugh and dance and dream,
remembering our many gifts with thanks
and looking forward to blessings yet to come.
May the grace and peace of Christ bless you
now and in the days ahead.

Amen.



JANUARY BIRTHDAYS

- | | |
|---------------------------|---------------------------|
| (01) Philip Hammeke | (17) Logan DeMond |
| (02) Patricia Scarborough | Shannon Foster |
| Colleen Wolf | Sharon Larsen |
| (04) Samuel Gonzalez | Kim Walker |
| (05) Michele Collins | (19) Joe Gasser |
| Ann Haremza | (20) Rosendo Cenicerros |
| Ashley Lamon | Regis Lopata |
| Gavin Reece | Madelyn Mull |
| Troy Welsch | Roy Penka |
| (06) Cindy Colglazier | (21) Rebecca Lamon |
| Beverly Dofredo | (23) Matthew Fitzsimmons |
| Shawn Gasser | Stacy Parr |
| Jared Skelton | Mike Schartz |
| (07) Lewis McDonald | (24) Kimberleigh Chilcott |
| Kate Reece | Eli Fox |
| (08) Tanner Lang | Bud Johnson |
| (09) Jason Hammeke | (25) Carol Moeder |
| (10) Mary Perez | (26) Xavier Hammeke |
| Beverly Taylor | (27) Gage Hammeke |
| (11) Owen Reece | Camry Snyder |
| (12) Ramona Howard | Teagan Walker |
| Bethany Steinlage | (29) Amy Froetschner |
| (13) Sydney Bailey | Palmer Froetschner |
| (14) Ray Colglazier | Jim Mitchell |
| (15) Camden McDonald | Karen Stacey |
| Pat Thompson | (30) Ann Hutfles |
| (16) Mark Lessard | Benton Simmons |
| Jim Ryan | |



JANUARY ANNIVERSARIES

- (02) Jon Roy and Michelle Kelty
Connor and Jessi Phelan
(05) Michael and Amy Simmons
(11) Dennis and Pam Theis

Remember with Prayer

Frank Garcia	Betty Tauscher
Richard Wolf	Sharon Larsen
Rita O'Gwin	Leon Sanders
Mary Klinge	Ryan Shelton
Ann Haremza	Clayton Kelty
Jayden Waller	Sue Haymaker
Fr. Warren Stecklein	Trenton Welsch
Fr. Charles Mazouch	Kevin Simmons
Stan Durler	Lee Durler
Larry Trujillo	Bert Schartz
Shauna Nwachukwu-Udaku	Sherry Lemuz
Lindsey (Johnson) Gaylord	Georgia Bauer



All of our men and women serving in the United States Military, our homebound parishioners and those in care homes.

KNIGHTS JANUARY EVENTS

Jan. 3 Knights of Columbus Meeting, 7:00 PM
Feb 2 K of C Annual Sausage Supper 5:00 to 7:30 PM



GAME MORNING

Tuesday, January 10 ~ 9:30 to 11:30 am
Sacred Heart Parish Education Center
Come enjoy a morning of laughs and fellowship
Refreshments will be provided!



**Lunch
Time**

"Lunch with Friends" will be Tuesday, January 17th at 12:00 noon in the Parish Center. All are invited to come enjoy lunch and visit. Please call Pam at 285-2035, by January 12th if you plan to attend. We look forward to seeing you for lunch!



NET INCOME/EXPENSES BEGINNING JULY 1, 2022

	NOVEMBER	YTD
INCOME:		
Collections	15,410.00	87,722.86
Special Donations		4,775.00
Endowment	8,000.00	8,000.00
Interest	11.41	49.36
Farm		31.52
PSR		17,435.00
Fundraisers		1,385.45
Miscellaneous	<u>1,769.00</u>	<u>6,897.00</u>
TOTAL	\$25,190.41	\$126,296.19
EXPENSES:		
Stewardship	2,411.87	11,353.59
Salaries	11,839.30	65,036.95
Insurance		13,922.00
Utilities	2,386.53	11,411.57
Maintenance	762.16	1,946.94
Improvement		
Office	1,392.49	5,296.32
PSR		17,507.87
Farm		
Miscellaneous	<u>1,705.30</u>	<u>6,267.23</u>
TOTAL	\$20,497.65	\$132,742.47
		YTD: (\$6,446.28)



SACRED HEART PARISH
1111 STATE STREET
LARNED, KS 67550

Return Service Requested

Non Profit Org.
Bulk Rate
U.S. Postage
PAID
Larned, KS 67550
Permit No. 41

Wishing you a
Happy New Year
and blessed year
ahead. May
God's light
guide your way
in 2023.

Homemade
GIFTS MADE EASY